In the Claims:

- 1. An energy-absorbing element capable of absorbing a portion of impact energy created during a collision, the energy-absorbing element comprising at least one layer of composite material comprising a mixture of mineral fibers and organic fibers.
- 2. An energy absorbing element as set forth in claim 1, wherein said composite material comprises a co-fiberized composite material.
- 3. An energy absorbing element as set forth in claim 2, wherein said mineral fibers comprise glass fibers.
- 4. An energy absorbing element as set forth in claim 3, where said organic fibers are formed from a material selected from the group consisting of polypropylene; polyphenylene sulfide; polyethylene terephthalate (PET); polyethylene; poly(α -olefin) copolymers; nylon 6; nylon 66; nylon 46; nylon 12; copolyamides; polycarbonate; copolymers of polycarbonate; polybutylene terephthalate (PBT); polypropylene terephthalate (PPT); polyphenylene ether (PPE); and blends thereof.
- 5. An energy absorbing element as set forth in claim 1, wherein said layer has a maximum thickness of from about 5 mm to about 50 mm.
- 6. An energy absorbing element as set forth in claim 5, wherein said layer has a density of from about 500 grams/m² to about 3000 grams/m².

N

7. An energy absorbing element as set forth in claim 6, wherein said layer comprises a sheath having a generally U- or V-shape and is adapted to be positioned adjacent to a vehicle pillar.

- 8. An energy absorbing element as set forth in claim 1, wherein the composite material comprises mineral fibers in an amount from about 10 % to about 90 % by weight, based on the total weight of the composite material, and organic fibers in an amount from about 10 % to about 90 % by weight, based on the total weight of the composite material.
- 9. A method of manufacturing an energy absorbing sheath adapted to be positioned adjacent to a vehicle pillar, comprising:

providing a composite material substrate comprising a mixture of mineral fibers and organic fibers, and

forming the composite material substrate into the sheath.

- 10. The method according to claim 2, wherein the forming step includes placing the substrate between a pair of opposing dies that together form an inner cavity when closed corresponding to the desired shape of the sheath.
- 11. The method according to claim 9, wherein the substrate is formed into a substantially U- or V-shaped sheath.
- 12. The method of claim 9, wherein the sheath has a density of from about 500 grams/m² to about 3000 grams/m².

- 13. A trim panel/sheath combination adapted to be secured to a vehicle pillar comprising:
 - a polymeric trim panel; and
- a sheath formed of composite material comprising a mixture of mineral fibers and organic fibers.
- 14. A trim panel/sheath combination as set forth in claim 13, wherein said composite material comprises a co-fiberized composite material.
- 15. A trim panel/sheath combination as set forth in claim 14, wherein said mineral fibers comprise glass fibers.
- 16. A trim panel/sheath combination as set forth in claim 15, wherein said organic fibers are formed from a material selected from the group consisting of polypropylene; polyphenylene sulfide; polyethylene terephthalate (PET); polyethylene; poly(\(\alpha\)-olefin) copolymers; nylon 6; nylon 66; nylon 46; nylon 12; copolyamides; polycarbonate, copolymers of polycarbonate; polybutylene terephthalate (PBT); polypropylene terephthalate (PPT); polyphenylene ether (PPE); and blends thereof.
- 17. A trim panel/sheath combination as set forth in claim 13, wherein said sheath has a maximum thickness of from about 5 mm to about 50 mm.
- 18. A rim panel/sheath combination as set forth in claim 17, wherein said sheath has a density of from about 500 grams/m² to about 3000 grams/m².
- 19. A trim panel/sheath combination as set forth in claim 18, wherein said

sheath has a generally U- or Y-shape and is adapted to be positioned between the pillar and the trim panel.

- 20. A trim panel sheath combination as set forth in claim 13, wherein the composite material comprises mineral fibers in an amount from about 10 % to about 90 % by weight, based on the total weight of the composite material, and organic fibers in an amount from about 10 % to about 90 % by weight, based on the total weight of the composite material.
- 21. A trim panel/sheath combination as set forth in claim 13, wherein said trim panel has density of from about 0.5 grams/cm³ to about 1.5 grams/cm³.